

Baked Mini Steak

Baked mini steaks are smaller, thinner steaks that can be easily sliced when frozen, and used in a stir fry, or eaten with a meal. They can also be used to make jerky, or small chopped bits for salads or potatoes.

Pre Cook Preparation:

Marinate: 1 to 2 hours in the fridge

Honey and garlic sauce

Barbecue sauce

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

Fork

Pot holders

Steak knife

Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of:

- Brisket flat cut
- Flank steak
- Shank cross cut
- Skirt steak
- Sirloin tip center steak
- Sirloin tip side steak, or
- Stir fry strips

Vegetables:

- Baked potato
- 4 ounces of mushrooms
- 1/4 cup sliced onions
- Squash with green beans and ham, or
- Bacon bits

Other ingredients:

- Garlic sprinkled across the top
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Place meat in pan.
It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
3. Add a dash or two of salt across the meat.
4. Place pan in oven.
Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.
5. Place vegetables in the oven at the same time.
Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: Generally, each of these steaks will be one serving

Storage Solutions: Individual square plastic container, with, or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.

Add your oven time here: _____.